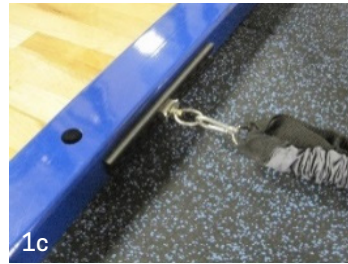
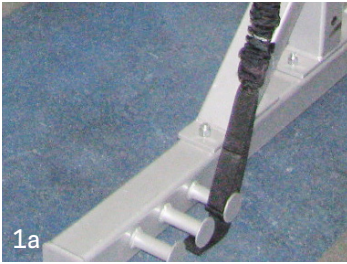


LIFT-X™ SQUAT-X™ CORDS

PERFORMX
TRAINING SYSTEMS



LIFT-X SQUAT-X CORDS SET-UP

- 1) Secure cords to the base of rack via pegs (1a) or Trak-X™ Clip (1b, 1c) by adding Trak-X (see Trak-X install sheet).
- 2) There are 2 bar attachment options for loading, first is using the colored loops outside the weight plates (2a). Second, is using the quick cam-tether inside the weight plates connected to the metal loop rings (2b). Squat-X has a 4-loop system.

LIFT-X SQUAT-X CORDS EXERCISES

Add cord loaded measurable and progressive resistance to the Bench Press (Squat on Squat-X sheet) exercises. For best results contrast train with cord load and non-cord load.



LIFT-X SQUAT-X CORDS RESISTANCE GUIDE

Bar Height	Red (Medium)			Blue (Heavy)			Gray (Ex. Heavy)			Black (Ultimate)							
	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop					
72	43	46	50	56	79	76	79	88	93	98	94	99	105	111	72		
71	42	46	49	54	67	72	75	83	87	92	97	98	104	110	71		
70	41	45	48	52	66	72	75	80	87	90	96	92	97	102	108	70	
69	41	44	48	51	66	70	74	79	86	89	94	90	95	100	106	69	
68	40	43	46	50	64	69	73	77	85	88	93	89	94	99	105	68	
67	39	42	46	49	63	67	72	75	83	87	92	87	93	98	104	67	
66	38	41	45	48	61	66	71	74	80	87	90	86	92	97	102	66	
65	38	41	44	48	61	66	70	73	79	86	89	85	90	95	100	65	
64	37	40	43	46	60	64	69	72	77	85	88	83	89	94	99	64	
63	35	39	42	46	59	63	67	70	75	83	87	82	87	93	98	63	
62	34	38	41	45	58	61	66	69	74	80	87	79	86	92	97	62	
61	33	38	41	44	57	61	66	68	73	79	86	78	85	90	95	61	
60	32	37	40	43	56	60	64	66	72	77	85	77	83	89	94	60	
59	32	35	39	42	56	58	63	65	70	75	83	75	82	87	93	59	
58	30	33	38	41	53	57	61	62	68	73	79	71	78	85	90	58	
57	31	34	38	41	55	58	61	64	69	74	80	73	79	86	92	57	
56	30	32	37	40	51	56	60	61	66	72	77	70	77	83	89	56	
55	29	32	35	39	50	56	59	59	65	70	75	68	75	82	87	55	
54	29	31	34	38	48	55	58	58	64	69	74	67	73	79	86	54	
53	28	30	33	38	47	53	57	56	62	68	73	65	71	78	85	53	
52	27	30	32	37	46	51	56	54	61	66	72	63	70	77	83	52	
51	25	29	32	35	44	50	56	52	59	65	70	61	68	75	82	51	
Bar Height	Red (Medium)			Blue (Heavy)			Gray (Ex. Heavy)			Black (Ultimate)							
	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop	Red Loop	Blue Loop	Black Loop					
50	25	29	31	34	42	48	55	58	64	69	58	58	67	73	79	50	
49	24	28	30	33	41	47	53	57	62	68	73	49	56	65	71	78	49
48	24	27	30	32	39	46	51	56	61	66	71	47	54	63	70	77	48
47	23	25	29	32	38	44	50	56	60	65	70	45	52	61	68	75	47
46	22	25	29	31	36	42	48	55	60	64	69	43	50	58	67	73	46
45	21	24	28	30	34	41	47	53	57	62	67	41	49	56	65	71	45
44	20	24	27	30	32	39	46	51	55	61	66	39	47	54	63	70	44
43	19	23	25	29	29	38	44	50	55	61	66	37	45	52	61	68	43
42	19	23	25	29	26	36	42	48	54	60	66	34	43	50	58	67	42
41	15	21	24	28	23	34	41	47	53	59	65	29	41	49	56	65	41
40	13	20	24	27	21	32	39	46	52	58	64	26	39	47	54	63	40
39	10	19	23	25	18	29	38	44	51	58	65	21	37	45	52	61	39
38	9	17	22	25	16	26	36	42	48	54	60	18	34	43	50	58	38
37	7	15	21	24	12	23	34	41	47	53	60	15	29	41	49	56	37
36	4	13	20	24	7	21	32	39	46	53	60	9	26	39	47	54	36
35	0	10	19	23	0	18	29	38	46	54	62	0	21	37	45	54	35
34	0	9	17	22	0	16	26	36	44	52	60	0	18	34	43	52	34
33	0	7	15	21	0	12	23	34	41	49	57	0	15	29	41	50	33
32	0	4	13	20	0	7	21	32	40	48	56	0	9	27	40	47	32
31	0	0	10	19	0	0	18	29	37	45	53	0	0	21	37	45	31
30	0	0	9	17	0	0	16	26	34	42	50	0	0	18	34	42	30

CORD GUIDELINES:

Thank you for your purchase of the Perform-X® Cord products. Our specialized and unique cord devices allow you to maximize your personal workout and fitness goals.

USAGE GUIDELINES:

- Check cords for tears or punctures before all exercises. DO NOT use if cord has been damaged.
- Check carabiners and trak-x clips for any damage or anything that will not ensure a secure attachment. DO NOT use if carabiners or trak-x clips are damaged.
- Make sure carabiners and trak-x clips are securely attached prior to use.
- Make sure cords are being used as intended. Cords are made to be used at 2-3x their resting length.
- DO NOT stretch cords longer than 2-3x resting length. Increase to a heavier cord resistance or add extra cords to the exercise.
- CAUTION: Anchors and attachment sites can become loose during exercise; make sure to recheck all attachments between sets.

The Trak-X pieces and Cord products are warranted for one year to be without defect in material or workmanship. If there is a covered defect, Perform-X will: (i) at Perform-X's election, replace the defective cords or Trak-X pieces only, not remove or uninstall; (ii) pay the cost of transporting defective Cords or Trak-X pieces to it and returning replacement Cords or Trak-X pieces to Buyer; Buyer must notify Perform-X of any defect in replacement Cords or Trak-X pieces within a period of ninety (90) days after the Cords or Trak-X are received or they will be deemed to be without defect. Warranty must be returned to Perform-X Sports Training within fourteen (14) days of purchase of the Cords or Trak-X. Failure to meet this condition will cause the warranty to be null and void. The limited warranties in this Section do not cover any defects or costs caused by: (i) modification, alteration, repair, or installation; (ii) physical abuse to, or misuse of, the Cords or Trak-X; or operation thereof; or (iii) any use of the Cords or Trak-X other than that for which they were intended. This warranty also excludes all costs arising from routine cleaning maintenance. Perform-X reserves the right to modify, alter or improve the Cords or Trak-X, or parts thereof, at any time without incurring an obligation to modify, alter, improve or replace the Cords or Trak-X, or parts thereof, previously sold.

EXCEPT AS EXPRESSLY PROVIDED IN THE SECTION ABOVE, (i) PERFORM-X MAKES NO PROMISE OR WARRANTY, EXPRESS OR IMPLIED, WITH RESPECT TO CORDS & TRAK-X, (ii) PERFORM-X WILL HAVE NO OTHER OBLIGATION OR LIABILITY TO BUYER WITH RESPECT TO ANY DEFECT IN CORDS OR TRAK-X OR ANY NON-CONFORMITY TO THE SPECIFICATIONS OR ANY DAMAGE TO OR CONDITION OF CORDS OR TRAK-X OR THE USE OF THE CORDS OR TRAK-X AND (iii) BUYER WILL HAVE NO OTHER REMEDIES IN RESPECT OF SUCH DEFECT, NON-CONFORMITY, DAMAGE, CONDITION OR USE, WITHOUT LIMITING THE FOREGOING, AND REGARDLESS OF THE CIRCUMSTANCES AND EVEN IF A REMEDY FAILS; PERFORM-X WILL HAVE NO LIABILITY TO BUYER FOR LOSS OF REVENUE OR PROFITS, OR FOR INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE. THE SPECIFIC WRITTEN WARRANTIES SET OUT IN THIS AGREEMENT FROM PERFORM-X ARE IN LIEU OF ANY OTHER WARRANTY WHATSOEVER. THERE ARE NO WARRANTIES WHICH EXTEND BEYOND THE DESCRIPTION ON THE FACE HEREOF, OR FITNESS FOR A PARTICULAR PURPOSE OR USE. PERFORM-X HAS NO LIABILITY ASSOCIATED WITH THE USE OF THE CORDS OR TRAK-X. IT IS UNDERSTOOD AND AGREED THAT PERFORM-X'S LIABILITY AND BUYER'S SOLE REMEDY, WHETHER IN CONTRACT, UNDER ANY WARRANTY, IN TORT (INCLUDING NEGLIGENCE), IN STRICT LIABILITY OR OTHERWISE SHALL NOT EXCEED THE RETURN OF THE AMOUNT OF THE PURCHASE PRICE PAID BY BUYER. THIS WARRANTY GIVES BUYER SPECIFIC LEGAL RIGHTS, AND BUYER MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.